



CITY OF LODI COUNCIL COMMUNICATION

AGENDA TITLE: Adopt a Resolution Setting Forth the City of Lodi's Commitment to Obesity Prevention as Outlined in the Healthy Eating Active Living (HEAL) Campaign

MEETING DATE: November 18, 2009

PREPARED BY: City Clerk

RECOMMENDED ACTION: Adopt a resolution setting forth the City of Lodi's commitment to obesity prevention as outlined in the Healthy Eating Active Living (HEAL) Campaign.

BACKGROUND INFORMATION: The Healthy Eating Active Living (HEAL) Cities Campaign is a partnership of the League of California Cities, the California Center for Public Health Advocacy and the Cities, Counties and School Partnership. The goal of the campaign is to work with cities to adopt policies that will improve physical activity and access to healthy food for all residents.

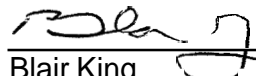
On November 3, 2009, the City Council received a Shirtsleeve Session presentation from Kanat Tibet representing the Campaign. The presentation outlined statistical information related to childhood obesity, and the overall risk factors related to obesity and physical inactiveness including premature illness, disability, and death. The California Center for Public Advocacy determined that 28.6% of 5th, 7th and 9th graders in Lodi are overweight.

As a part of the ongoing effort to actively involve local government in combating obesity and physical inactiveness, cities are encouraged to adopt a resolution supporting the underlying principle of the Campaign based on local conditions and the needs of their respective communities.

If the City Council so desires, it may adopt the attached resolution recognizing obesity as a public health concern and acknowledging societal and environmental changes will be necessary to implement healthier lifestyle choices for residents. Specific policies may be adopted in the future based on community needs if the Council so desires.

FISCAL IMPACT: There is no fiscal impact to adopt a resolution supporting the underlying principle of the HEAL Campaign, although specific policies could have a financial impact upon the City in the future.

FUNDING AVAILABLE: Not applicable.


Blair King
City Manager

APPROVED: 
Blair King, City Manager

RESOLUTION NO. 2009-165

A RESOLUTION OF THE LODI CITY COUNCIL
PROMOTING THE CITY OF LODI AS A HEALTHY
EATING ACTIVE LIVING CITY

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WHEREAS, in 2004, the League of California Cities adopted an Annual Conference resolution to encourage cities to embrace policies that facilitate activities to promote healthier lifestyles and communities, including healthy diet and nutrition and adoption of city design and planning principles that enable citizens of all ages and abilities to undertake exercise; and

WHEREAS, the League of California Cities has a strategic goal to promote and develop safe and healthy cities; and

WHEREAS, the California Center for Public Health Advocacy's 2004 California Physical Fitness Test of 1,274 5th, 7th and 9th graders in Lodi show that 28.6 percent of the students tested were overweight; and

WHEREAS, more children are being diagnosed with diseases linked to overweight and obesity previously seen only in adults, such as Type 2 diabetes and heart disease; and

WHEREAS, more than half of California's adults are overweight or obese; and

WHEREAS, overweight children and adults are at greater risk for numerous adverse health consequences, including stroke, high blood pressure, high cholesterol, certain cancers, asthma, low self-esteem, depression, and other debilitating diseases; and

WHEREAS, obesity shortens the average lifespan by at least four to nine months, and if childhood obesity continues to increase, it could reduce life expectancy by five years over the next several decades; and

WHEREAS, obesity takes a tremendous toll on the health, productivity of all Californians, in medical bills, workers compensation, and lost productivity, costing in excess of \$41.2 billion a year; and

WHEREAS, the United States Surgeon General has issued a call to action to prevent and decrease overweight and obesity," and The United States Department of Health and Human Services has made reducing the proportion of overweight and obese children and adolescents a key goal;" and

WHEREAS, the Center for Disease Control and Prevention recommends at least 30 minutes of moderate physical activity at least five days a week for adults and at least 60 minutes of moderate to vigorous intensity physical activity for children every day; and

WHEREAS, the quality of the built environment, including neighborhood safety, sidewalks, streets, public transportation, restaurant and convenience store density, and access to parks, trails, and grocery stores, has a significant impact on obesity rates;" and

WHEREAS, in light of the foregoing statistics and considerations, the City of Lodi commits to do all it can to decrease the rate of obesity and overweight in its communities and is committed to implementing the necessary laws or policies to create healthier work, school, and neighborhood environments conducive to healthier eating and increased physical activity among residents.

NOW, THEREFORE, BE IT RESOLVED that the City of Lodi will become a Healthy Eating Active Living City; and

BE IT FURTHER RESOLVED that the City of Lodi Parks and Recreation Department will work with the Boosters of Boys and Girls Sports to encourage healthy food choices for park concessions and recreation programs; and

BE IT FURTHER RESOLVED that the City of Lodi General Plan will:

- Emphasize grid pattern development and other features to promote walkable neighborhoods;
- Include bike lines to encourage biking and other forms of physical activity;
- Emphasize Transit Oriented Development to encourage walking before beginning long distance travel;

BE IT FURTHER RESOLVED that development proposals and plans will be encouraged to include:

- Zoning to support farmers markets and community gardens;
- Plans for walkability and bikeability;
- Connectivity between the developed area and residential neighborhoods and schools and fresh food outlets;

BE IT FURTHER RESOLVED that the City of Lodi pledges to support community efforts to establish and maintain farmers markets, recognizing that farmers markets provide fresh produce to community residents, support small farmers, and build community and further pledges to work with farmers markets to consider means to accept food stamps for fresh fruits and vegetables.

Dated: November 18, 2009

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I hereby certify that Resolution No. 2009-165 was passed and adopted by the City Council of the City of Lodi in a regular meeting held November 18, 2009, by the following vote:

AYES: COUNCIL MEMBERS – Hitchcock, Johnson, Katzakian, Mounce,
and Mayor Hansen

NOES: COUNCIL MEMBERS – None

ABSENT: COUNCIL MEMBERS – None

ABSTAIN: COUNCIL MEMBERS – None


JENNIFER M. ROBISON
Assistant City Clerk

2009-165

ⁱ US Department of Health and Human Services, Office of the Surgeon General. The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity. Rockville: US Department of Health and Human Services, Public Health Service, Office of the Surgeon General, 2001. Available at:

http://surgeongeneral.gov/topics/obesity/calltoaction/fact_adolescents.htm.

ⁱⁱ Olshansky JS, Passaro DJ, Hershow RC, et al. "A Potential Decline in Life Expectancy in the United States in the 21st Century." *New England Journal of Medicine*, 352: 1138-1145, 2005.

ⁱⁱⁱ The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity, supra note i.

^{iv} US Department of Health and Human Services, Office of Disease Prevention and Health Promotion. Healthy People 2010. Available at:

http://www.healthypeople.gov/Document/HTML/uih/uih_4.htm.

^v Centers for Disease Control, Division of Nutrition, Physical Activity and Obesity, National Center for Chronic Disease Prevention and Health Promotion, "Physical Activity for Everyone." Available at www.cdc.gov/physicalactivity/everyone/guidelines.

^{vi} KM Booth, MM Pinkston, WS Carlos et al. "Obesity and the Built Environment." *Journal of the American Dietetic Association* 2005;105:S110-S117.